

Le Dinner

SMALL PLATES

EGGPLANT CAVIAR, with toasts points	6
OLIVES AND PARMESAN	7
FRIED CHORIZO, with fresh herbs	7
CRISPY CALAMARI , tartare aioli-sauce	7
MERGUEZ SAUSAGE, mustard	7
TARTELETTE	12
prosciutto, parmesan, tomato sauce	
CHARCUTERIE PLATE, assortment of cold cuts	14
CHEESE PLATE, selection of 3 cheeses	18

HORS D'OEUVRES

CREAM OF MUSHROOM SOUP	7
LOBSTER BISQUE	11
BABY ARUGULA SALAD	8
Cherry tomatoes, shaved parmesan, lemon dressing	
DUCK TERRINE, mixed greens, country bread	9
ESCARGOTS PERSILLADE	9
Burgundy snails, parsley garlic butter	
ROASTED BEETS & BABY SPINACH SALAD	9
Goat cheese, walnut, balsamic dressing	
MESCLUN SALAD 8 W/"BIJOU" GOAT CHEESE	12
Seasonal lettuces, house vinaigrette	
ENDIVES AU ROQUEFORT	10
Walnuts, dried cranberries, blue cheese dressing	
SHEPHERD SALAD	12
Cucumbers, tomatoes, olives, feta, herb vinaigrette	
GRILLED CALAMARI, lemon fresh herb emulsion	13
MOZZARELLA DI BUFFALA	12
Roasted cherry tomatoes and pine nuts	
CRISPY BABY ARTICHOKE , parmesan	14
SCOTTISH SMOKED SALMON	15
Frisée, spicy avocado, lemon capers and toasts points	
YELLOWFIN TUNA TARTARE	18
Spicy avocado and ginger oil	
LUMP CRAB MEAT SALAD	18
Green mango, papaya, cucumber, spicy thai dressing	

PRIX FIXE \$19

AVAILABLE TUESDAY TO FRIDAY 5PM TO 7PM
AND ALL NIGHT SUNDAY, MONDAY.

*Choice of appetizer and main course or
Main course and dessert*

Soupe du jour Or Mixed green salad

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Capellini à la tomate

Or

Grilled skirt steak

w/shallots, pommes frites

or

Roasted tilapia

w/mixed green vegetables and white wine sauce

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Vanilla panna cotta or

Assorted ice cream / sorbet

LES PÂTES

CAPPELLINI À LA TOMATE, tomato basil sauce	14
PAPPARDELLES AUX CHAMPIGNONS	16
Wild mushrooms, asparagus & parmesan	
PENNE RIGATE, spicy pink vodka sauce	17
FUSILLI AU SAUMON	18
Duo of fresh seared and smoked salmon	
RICOTTA AND SPINACH RAVIOLI	18
Tomato basil sauce	

LES POISSONS

SEARED JUMBO DIVER SEA SCALLOPS	26
Champagne sauce, braised leeks, shiitake mushrooms	
ROASTED SALMON FILET "PRIMEUR"	24
Asparagus, green peas, snow peas, tarragon butter sauce	
CLASSIC NICOISE SALAD	20
Tuna confit, mesclun, haricots vert, niçoise olives	
ROASTED CHILEAN SEABASS	34
Sauce vierge, sautéed zucchini	
ALMOND CRUSTED FILET OF SOLE	24
Lemon butter sauce, sautéed spinach	
ROASTED MAHI-MAHI	22
Saffron rice, seasonal vegetable, red pepper coulis	

LES VIANDES

CHICKEN PAILLARD	19
Frisée, cherry tomato, fingerling potatoes	
FREDERICK'S BURGER	16
Raclette, pancetta, pommes frites	
BEEF CHEEK "POT-AU-FEU"	25
W/bone marrow, baby vegetables and cilantro vinaigrette	
GRILLED SKIRT STEAK*	22
Sautéed shallots, pommes purée and haricots vert	
GRILLED LAMB CHOPS (ALL NATURAL)	28
Ratatouille, roasted tomato, lamb jus	
ROASTED ORGANIC CHICKEN	22
Seasonal vegetables, potato purée, au jus	
GRILLED PRIME NY STEAK AU POIVRE (11oz)*	36
Pommes frites	
CLASSIC STEAK TARTARE*	24
Hand cut with capers, cornichons and pommes frites	
BRAISED LAMB SHANK	26
Wild mushrooms, parmesan polenta, red wine sauce	

**All certified Angus Beef.*

SIDES \$6.50

FRENCH FRIES, POMMES PUREE
ASPARAGUS, SPINACH
STRING BEANS

MAC&CHEESE 12.50

OPEN FOR LUNCH MONDAY TO FRIDAY - BRUNCH SATURDAY- SUNDAY
STARTING AT 1130AM-4PM. DINNER EVERY NIGHT STARTING AT 5PM
20% GRATUITY FOR PARTY OF 6 OR MORE